

ABBOTSFORD PEER SUPPORT FOR SENIORS

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"WE ARE HERE TO PROVIDE SUPPORT"

NEWSLETTER NOVEMBER 2025

LOCAL EVENTS

Nov 2: Daylight Saving Time ends. Turn your clocks back one hour and check your smoke detectors.



Nov 11: Remembrance Day. There is a Ceremony at 10 am at Thunderbird Square at 32388 Veterans Way.

Nov 22: The Winter Jubilee is being held from 3pm until 8 pm in Downtown Abbotsford. There will be the annual tree lighting, vendor market, Santa pictures and many free activities.



Happy November!

November's Breakfast and Workshop will be Thursday, November 13th at Crossroads Restaurant at 9:30 am. Rachel N. and Bonnie M. will be showing a few pictures from their recent trips to Atlantic Canada.

We are also working on our Annual Christmas Social for Wednesday, December 10th. The invitations for current volunteers and their clients will be sent out in late November. Please save the date. We will be having a catered meal and The Happy Gang Singers will be singing Christmas Carols with us.

Thank you volunteers.

We appreciate all of you.

*Thank you,
Volunteers!*



PRESIDENT:
Joanne Schweitzer
VICE PRESIDENT:
Judy Huzzey
TREASURER:
Bonnie Millin
SECRETARY:
Karen Hardy
MEMBERS AT LARGE:
Margarite Bysouth
Brenda Townsend

MARK YOUR CALENDAR

November 13 (Thur): Breakfast and Workshop at Crossroads at 9:30 am

December 10 (Wed): Christmas Social

Reminder: Our office hours are Tuesday thru Thursday 9 am to 1 pm.



Nov 2: Karen H.
Nov 5: Margarite B.
Nov 13: Pat S.
Nov 20: Cynthia M.
Nov 24: Ken B.



APSS is funded by a Gaming Grant from the BC Government.

One of our new volunteers, **Ken Brake**, has been featured in the online magazine **SeniorLivingMag.com**. His article is **REFRESH: Motion is Lotion – A Martial Arts Practice**. Ken runs an exercise program for seniors seeking a gentle introduction to connecting with and moving the physical self through martial arts. Please check out his article on their website and if you are interested in his classes please call our office for his contact information.



Lifestyle rx is a website focused on taking control of **Type 2 Diabetes**. The Canadian, Physician-led program guides you to safe and sustainable changes, allowing you to take control of your health. Check out their website at **lifestylerrx.io** for more information.



Tips To Stay Safe in Cold Weather

Staying Warm When It's Cold Outside

Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.

If you must go out on windy, cold, or damp days, don't stay outside for very long.

Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.

Keep warm blankets and extra cold-weather clothing in your car.

Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.

Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.

Wear a waterproof coat or jacket if it's snowy or rainy.

Change out of damp or wet clothes as soon as possible.

A Senior's Version of Facebook

(from the Internet)

For those of our generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them a "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Flavors of Fall

Word Search

APPLE
BOURBON
BUTTERSCOTCH
CARAMEL
CARDAMOM
CIDER
CINNAMON
CLOVE
CRANBERRY
FIG
GINGER
HAZELNUT
MAPLE
MASALA CHAI
NUTMEG
PEAR
PECAN
POMEGRANATE
PUMPKIN
SPICE

